

# Patient Newsletter

## GOOD HEALTH TO ALL!!

### Contact Us

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### Winter illnesses

As a new year approaches, the surgery would like to wish all our patients good health and happiness. The cold winter weather worsens certain health problems as well as causing minor illnesses to occur more than usually. The majority of minor illnesses listed below can be dealt with through personal care, medication and advice from your local pharmacy.

- 1) Common Colds
- 2) Sore Throat
- 3) Asthma
- 4) Norovirus
- 5) Painful Joints
- 6) Cold Sores
- 7) Cold Hands and Feet
- 8) Dry Skin
- 9) Flu

### Opening Hours

Monday: 8:30 - 18:00  
Tuesday: 8:30 - 18:00  
Wednesday: 8:30 - 18:00  
Thursday: 8:30 - 18:00  
Friday: 8:30 - 18:00

Extended Hours: 8:30 - 20:00

### Surgery Closure Days

22nd February - Closed for staffing training from 2pm

22nd March - Closed for staffing training from 2pm

30th March - Closed for public holiday

### Minor eye problems?

General practitioners, pharmacists, dentists and opticians all fall under primary care. For problems with eyes an optician is the best health professional to see first. A service which is also available Bedfordshire Minor Eye Conditions Service (MECS). This service is able to assess conditions which are listed below.

- Dry or irritated eyes
- Occurring floaters or flashes
- Red eye or eyelids
- Watery or sticky eyes
- Sudden vision loss
- Foreign body in the eyes
- Ingrowing eyelashes

For more information regarding this service please ask for a leaflet at the front desk of reception or visit [www.bedfordshireccg.nhs.uk](http://www.bedfordshireccg.nhs.uk). MECS information can be under Your

### Appointments between October - December 2017

16, 158 Offered    933 Un-booked    878 Did Not Attended    15,225 Booked

These figures are taken from all clinicians through out October to December. If you need to

### New beginnings and farewells!

This Winter we are saying farewell to our practice nurses Audrey, Banu and Barbara. As well as registrar Dr Taze who continues on the path of training. On that note we welcome new registrars Dr Hasham, Dr Reissis, Dr Ali and Dr Azhar.

Advice and tips to deal with